

# Facets

THE CENTRAL IOWA EXPERIENCE  
JUNE 2016

## HORTICULTURE HEAVEN

LIEBENGUTH THRIVES  
AMONG HER PLANTS

- MAKE YOUR OWN DECISIONS ABOUT YOUR MONEY
- YOAKUM SPENDS SUMMERS KEEPING COUNTY PARKS CLEAN
- DINNER IN 35 MINUTES: TOMATO AND CHORIZO STEW



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# Enjoy the summer with an outdoor job

Summer is the best time to be outdoors, in my opinion. I am not a fan of the cold. The heat helps our plants grow and makes it completely OK to have ice cream every-day. One of my summer jobs while in college was at an ice cream plant. It required me to 'sample' the produce for quality control. Now that I don't make ice cream for a living, summer heat seems like a wonderful excuse to 'sample.'

I also like summer for all the opportunities we have to get out and stay out. Yard work forces us to be outside, although, not everyone is too keen on being forced to spend time in the great outdoors doing chores. A few other favorites are day trips to local national parks or lakes, grilling ... anything, gardening and good ol' manual labor — makes you sweat and feel alive.

There are those who seek-out summer jobs specifically to keep themselves outside — lifeguards, horticulturists, lawn mowers, land conservationists, just to name a few. These women and men make it possible for the rest of us to enjoy our day trips and gardens. Thanks to them summer is always the best time to be outdoors.

Jessie Liebenguth stands among Buck roses at Reiman Gardens. Photo by Ronna Lawless/Nevada Journal

# JUNE 2016 CONTENTS

## DEPARTMENTS

### 8 | GARDENING

Seeds, sun and steps: Growing season at Reiman Gardens

### 9 | FAMILY

Mom takes care of everyone. But who takes care of mom?

### 10 | FINANCE

Make your own decisions about your money

### 14 | ENTERTAINMENT

Newcomb's summers are spent at the pool

### 15 | ENVIRONMENT

Yoakum spends summers keeping county parks clean

### 18 | PARENTING

Some answers to questions about bullying

### 19 | BEAUTY

Beauty prep and protection tips for this summer

### 20 | PARENTING

Having a baby changes everything — and everyone

### 21 | GARDENING

Work and play in gardener's day

### 22 | LIFESTYLE

How to collect art for your home

### 24 | SAVOR

Dinner in 35 minutes: Tomato and Chorizo Stew

### 25 | SAVOR

Lebanese vegan moussaka

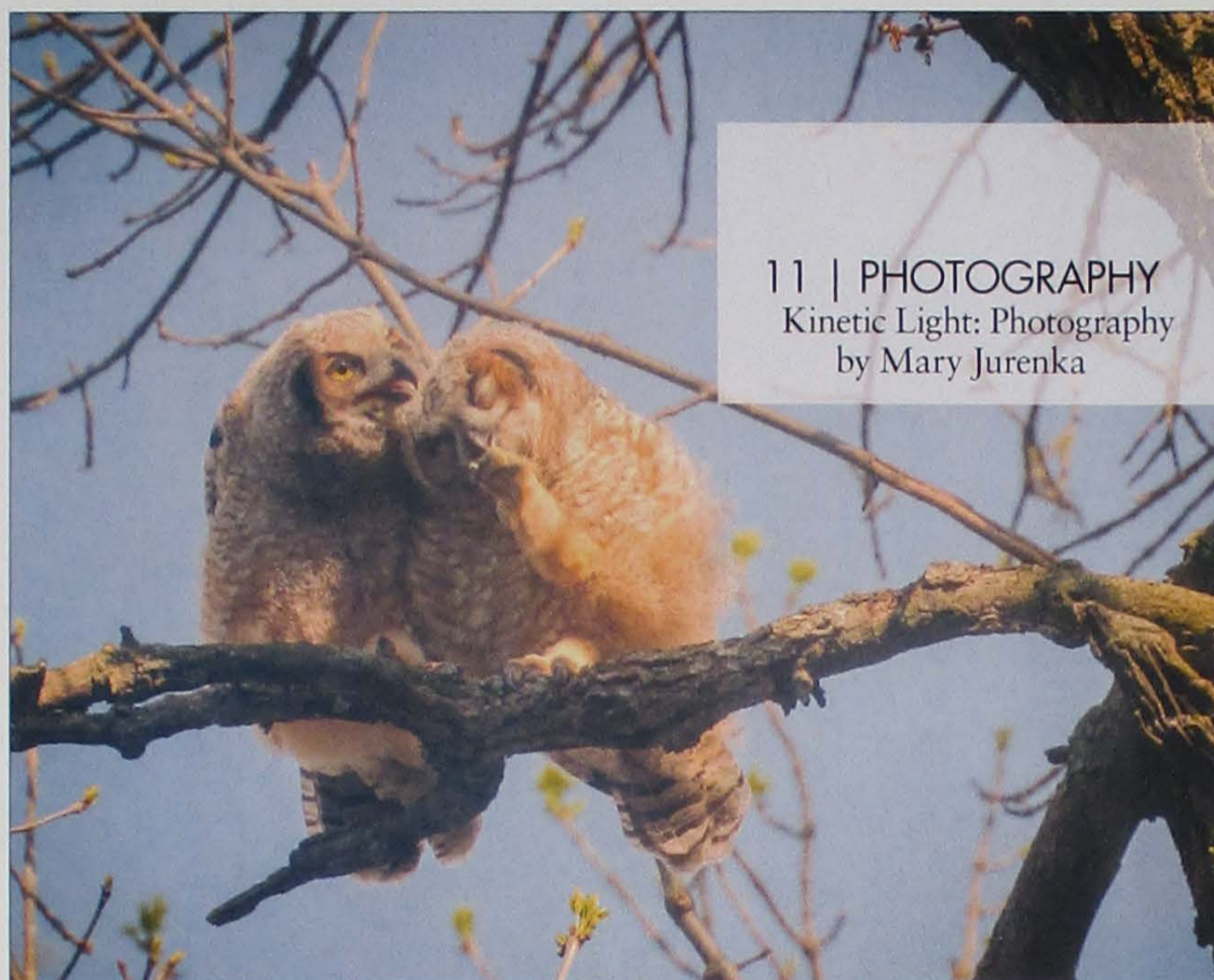
### 26 | SAVOR

Peas, mint and lamb — together, with a twist. Just add pita.

### 28 | NUTRITION

Sweeten up your summer with fruit

## FEATURES



11 | PHOTOGRAPHY  
Kinetic Light: Photography  
by Mary Jurenka



6 | FAMILY  
The most meaningful  
mowing job



# The most meaningful mowing job

Photo by Karen Schwaller/Contributing Writer

BY KAREN SCHWALLER  
Contributing Writer

Our children have had many summer jobs. Summer on the farm is a time to get to those projects you've been putting off — like building and machinery repairs — in between baling jobs.

I recall one summer when our sons were in middle school. I can't remember why they felt called to dismantle a grinder mixer — I suppose they needed the frame for something they were inventing. I went out to visit with them

one hot summer afternoon and found them both asleep — one lobbed over the frame and the other leaning up against a tire — with the mixer part of the grinder lying on the ground.

It must have been exhausting.

But it wasn't until our church needed someone to mow the cemetery that our family began a summer job that would span more than a decade and give us an up-close-and-personal understanding of what it means to honor (in this way) those who have gone before us.

Our children were in elementary and middle school when we began this new

job. It was very trying at first, figuring out the system that would be most efficient, given the man hours it takes to mow and trim a cemetery; keeping everyone busy and, for my husband — keeping all of the mowers and equipment running, which was a struggle that first year.

Some dead evergreens there were unsightly and were also not kind to our push mowers that summer, and I remember approaching our pastor to ask him about removing them. In my appeal I said, "...besides, it makes no sense to mow around something that's dead."



*Photo by Karen Schwaller/Contributing Writer*

Well, he knew what I meant.

Although it wasn't our favorite job, it was a time of learning patience as we mowed around stones slowly and methodically, understanding that the cemetery needed to be mowed whether we had the time to take away from the farm or not. The grass was still going to grow.

Our children learned that it was important to be respectful of the stones because they represented someone's life. And although walking on the cemetery lawn is something people do, they learned to respect a fresh grave and not walk on it or drive over it while mowing.

Once in a while someone would stop and ask us where someone's grave was. Most of the time we knew — even our children knew over time where someone

specific was buried. They, too, mowed around the graves of people with whom they had shared their lives.

We read stones as we mowed — older people, young people, children...so many people placed there with great care, grief and sorrow — and their gravesites were watered with the tears of those who loved them.

At their young age, our children came to know it as sacred ground; holy ground. It taught them about the brevity of this life — given the fact that they knew people who were buried there. It also gave them a healthy respect for our veterans who also rest there.

Memorial Day weekend brought about a thick sprinkling of flowers and flags and made it seem a little less like a forgotten place. It was actually a beautiful

place every year then.

It would be difficult to return to that job now, given the fact that our children have all grown up and are living their own lives. But over the years I have been grateful for that time spent together as a family doing something that mattered, and for what it taught our children about compassion, care for those who have gone before us, respect and responsibility.

George Burns once said, "Don't take life too seriously — we're not getting out of it alive anyway." He was right. And after we're gone, someone will be along with their lawn equipment to mow around our stones, helping others see that we, too, were once among the living.

It was a summer job that really stuck with us. And I'm grateful.

# Seeds, sun and steps: Growing season at Reiman Gardens

BY RONNA LAWLESS  
Nevada Journal

For someone who loves plants, one of the best places to work is the largest public garden in the state — Reiman Gardens in Ames.

Jessie Liebenguth is a landscape horticulturist at Reiman Gardens. She's lived in Ames since 2000 and received her undergraduate degree in horticulture at Iowa State University. In 2007, she started working at Reiman Gardens as an hourly employee and went full-time in 2011.

She is part of a horticulture team of three at the gardens: Liebenguth; Sharon Rink, landscape horticulturist; and Sarah Rummery, manager of horticulture.

Each of the three women has her own area of the garden she's responsible for, but in general "everybody does everything," Liebenguth said.

Liebenguth is in charge of the campanile area, where there are many varieties of annuals, a huge selection of roses. "And I'm also the trial judge," she said.

Trial judge? Reiman Gardens is a trial site for entities like Ball Horticultural Company and All-America Selections. "They send us seed, and I let them know what I like and what I don't like about the plants," Liebenguth said. "Like if a flower is supposed to be disease resistant, I watch for signs of whether that's accurate. If they say their cherry tomatoes are 25 percent sweeter than other cherry tomatoes, I taste them and tell them if they really are."

Tasting the produce is one of the advantages of the job, Liebenguth said. "There are days when I go to the vegetable garden with my crew, and we spend a long time cutting up produce and tasting it," she said.

Like home gardeners, the vegetable gardens at Reiman Gardens produce more veggies at times than the employees can handle. "You'll have one cucumber on your vine one day, and then after a few days all of a sudden you have 50 cucumbers," Liebenguth said.

That's why employees of Reiman Gardens donate many of the harvested vegetables to

Plant A Row For The Hungry. From June to September, local gardeners can add their extra produce to the donation, which is picked up at Reiman on Monday mornings. The produce is then distributed to organizations such as MICA, ACCESS and Food at First.

Starting in mid-May, the experts were joined by a crew of about a dozen college students from a variety of majors, who help them with things like mulching and digging and planting. And Liebenguth, Rink and Rummery help those students learn about the plants.

Reiman Gardens is located on a 17-acre site. Looking at the Fitbit on her wrist, she said, "I don't have to worry about getting my steps in every day. Yesterday I logged 23,000 steps, and today I'm already up to 8,300."

She already has a Fitbit tan line. The sun is a concern for this fair-skinned horticulturist. "I wear sunscreen with an SPF of 110," she said. "I don't even think about buying it if it isn't at least an SPF 70."

The work is hard sometimes, Liebenguth said. "It's disappointing to plan a whole week's work and then have it rain and the plans go down the drain," she said. Sometimes the days are long. When it's 100-plus degrees, they have to "water, water, water."

"But I love my job," she said.

Liebenguth has been working with plants since she got her first greenhouse job at a nursery when she was 16. She grew up gardening with her mom and learned a lot from her maternal grandfather, who farmed and loved raising roses.

Now Liebenguth is raising roses and is in charge of Reiman Gardens' collection of Buck Roses, developed by Dr. Griffith Buck, who was a faculty member at ISU from the 1950s-1980s. The nationally-recognized collection of 60 cultivars are known for their beauty and were also bred for their disease resistance and winter hardiness.

"We all design our own areas," Liebenguth said. She said she really likes a new flower called angeloria or summer snapdragon, which can grow to be 1-3 feet high and blooms are white or purple or dark blue. But what's her favorite? "I love them all," she said.



Like home gardeners, the vegetable gardens at Reiman Gardens produce more veggies at times than the employees can handle. "You'll have one cucumber on your vine one day, and then after a few days all of a sudden you have 50 cucumbers."



Photos by Ronna Lawless/Nevada Journal



# KINETIC LIGHT

Photography by Mary Jurenka

BY JANE DEGENEFTE  
Contributing Writer

Visiting with Mary Jurenka brings to mind the fact that photography is a kinetic endeavor. She sees aesthetic moments around her and capsulizes what she can with the combined energy of humility and inspiration. Her high, yet sensitive, level of energy whirr her work together to create beautiful photography.

In the summertime, the natural, warm light of the

outdoors is around her much longer! It makes for a comfortable working environment. The busy schedule of weddings, senior pictures, and family gatherings are sure to keep her moving, but she is certain too, that she can manipulate her indoor photography to bring in what is necessary for each project all year around. Photo (light) graph (writing) is literally writing with light. Mary does this “light-writing” very well. Browsing the images on her webpage, [www.maryjurenkaaphotography.com/](http://www.maryjurenkaaphotography.com/) one gets a

sense of accomplished vision. Having started her business officially just four years ago, she is well into a collection of images that exemplify good photographic work. The kinetic light she plays with to make good pictures is a joy for her, as she attests.

MARY: “It’s about creating the image using light. Photography is about light. Wherever you are you have to modify it.

Whenever I can I will sometimes set up studio lights in my living room and experiment on

my family. Sometimes I photograph my pets! They don’t like the flash though.”

FACETS: Please tell me how you decided to be a photographer and what you enjoy about snapping pictures.

MARY: “I have enjoyed photography for a long time and, once my kids were old enough, I decided to get more serious about it and attend school. While the critiques and scrutiny were hard to take sometimes, it helped me to grow

LIGHT, page 12

# Make your own decisions about your money

**"D**addy has to work! You have to come to pick us up!" Those words from the mouth of her 5 year old left Kimberly Palmer looking for answers. She worked and her husband worked; why would her daughter decide that daddy's work was most important?

This idea that daddy or the man in the family has more importance or financial acumen than a mother or the female is still an issue in many families.

Please let me make a disclaimer here ... many of the couples I know do have equality of financial decision making.

In conversations with women I find that many couples have a distinct division of duties when it comes to money. Typically women take care of everyday expenses and men manage investments. A 2014 UBS Wealth Management America's report indicates how investment decision are made

Men only 50%

Couples jointly 37%

Women only 13%

Even when you look at younger women only 15% of millennial and 18% of Generation X women made the decision about investing.

Our gender doesn't indicate if we are more adept at everyday money management and bill paying or investment management. Yet this difference still persists. But is it a problem? What if men just prefer to make investment decisions...is there any reason we, as women, should insist on being involved?

Based on my experience I have three reasons you might want to consider:

■ Women tend to be buy and hold investments

■ Woman tend to ask many questions when they make investment decisions. They take their time to be comfortable with investment recommendations. It may take two to three appointments before they are ready to commit to investing their money. But, unless there is some change in the purpose for the money they invest they remain invested.

■ Men's investment returns often suffer because of their tendency to make frequent changes in their investments.

## FEMALE ROLE MODELS

It is easy for others to look at what we do and make a case for this is "how things ought to be."

So when the males are seen to be the money/investment decision makers our young men see themselves in the same role in their future. But what does that tell our young women? That they are genetically incapable? Is this one of those areas of life that only males get to play?

If, as females, we make individual investment decisions and actively participate in family investment decisions we show our daughters and other young females that we are capable of making excellent money/investment decisions. And that is a good thing because ...

## MANY WOMEN WILL MAKE THEIR OWN MONEY DECISIONS

Statistics say:

■ Women outlive men; there are nearly four times as many widows as widowers in the United States.

■ Divorce happens; nearly half of us

will be making our own money decision because of divorce.

Don't wait to learn about money and investing until you are forced to make decisions on your own.

Plan a time with your partner to talk about all current money and investing strategies, plan to take a more active role, and set goals for a time when you will both be equal partners in all things involving money.

This can be an intimidating process; you may feel you are not as knowledgeable your partner may not want to share decision making

If you need help navigating the steps to combined money management decisions contact a certified financial planner to help you move from no participation to joint participation. Take the time needed today to become a knowledgeable female investor. Because...Life is more than money.

*Karen L Petersen CFP® CFA™ is a fee based financial advisor. You can contact her at 2613 Northridge Parkway #102 Ames, IA 50010 515 232 2785 or karen@mymorethanmoney.net*

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1 From "Smart Mom, Rich Mom" by Kimberly Palmer

2 Women of the Street: Why female Money Managers Generate Superior Returns ( and How You Can too)



KAREN PETERSEN

# Mom takes care of everyone. But who takes care of mom?

BY SUZANNE NELSON  
Special to the Washington Post

**I**t was 2 in the morning, and I was on the bathroom floor again, in the agonies of the most violent stomach virus I've ever had. As I dragged myself up from the tile and back to bed, I heard tell-tale signs of trouble from my son's bedroom, followed by a sickly, "Mommy!"

I leaned against the wall, despairing. I could barely move, let alone tend to my ailing toddler. I was still recovering from giving birth to my second son, who was only 4 weeks old at the time. I was away from home, without my husband, having brought the kids to visit my parents at their farmhouse for a few days. I was 30 - an adult by anyone's standards. Yet in that moment, I felt as helpless and weak as a baby.

Another wave of nausea crashed over me, and I did the only thing I could think of - something I hadn't done in decades. I staggered down the hall to my parents' bedroom and said, "Mom? I need your help."

It's a code of motherhood that when those words are spoken, most mothers respond. No matter the hour, the circumstance, the exhaustion, inconvenience, or even pain involved - mothers since the beginning of time have been heeding their children's call. My mom didn't question. She was out of bed before I could even explain what was wrong.

The rest of the night passed in a horrid blur. At one point, I opened my bleary eyes to find myself on the living room couch, wrapped in blankets. Mom sat on the floor with Colin in the darkness, cradling him in her lap as they watched cartoons between

his bouts of sickness. Assured that he was safe and taken care of, I drifted back to sleep.

That moment of renewed need for my mother is one of many I've had since I became a mother myself. Decades of my life prior to that had been spent actively denying so much of the wisdom and advice she tried to impart. As a teenager, I wanted to declare my independence, to get out from under her expectations, her advice, her criticism. I wanted her approval and praise, but hated that I wanted it. In college and after, I pulled away, thinking I didn't need her anymore.

By my mid-20s, though, a subtle shift had begun. I called her more often, talking about dating, love, my first real heartbreak. Then the calls turned toward wedding plans, marriage, her fight with breast cancer, my sorrow over a miscarriage. Each phone call was a small revelation that my mom was more than a mother. She was a woman, full of the wisdom of her own life experiences, a woman I was beginning to admire and respect as a friend, confidante and touchstone.

When I brought my first-born home from the hospital, my mom was by my side for midnight breastfeeding, diaper changes, bouts of colic and illness, and a host of completely unglamorous (and yes, gross) postpartum realities. When my husband left on a business trip and my 6-month-old took sick in the middle of the night, I called her every hour all night long to ask advice on lukewarm baths, reducing fevers and administering Pedialyte with an eye-dropper. When I accidentally trimmed my son's fingernails and made one of his tiny newborn fingers bleed, I called her in tears. Every day that I felt the terror of the

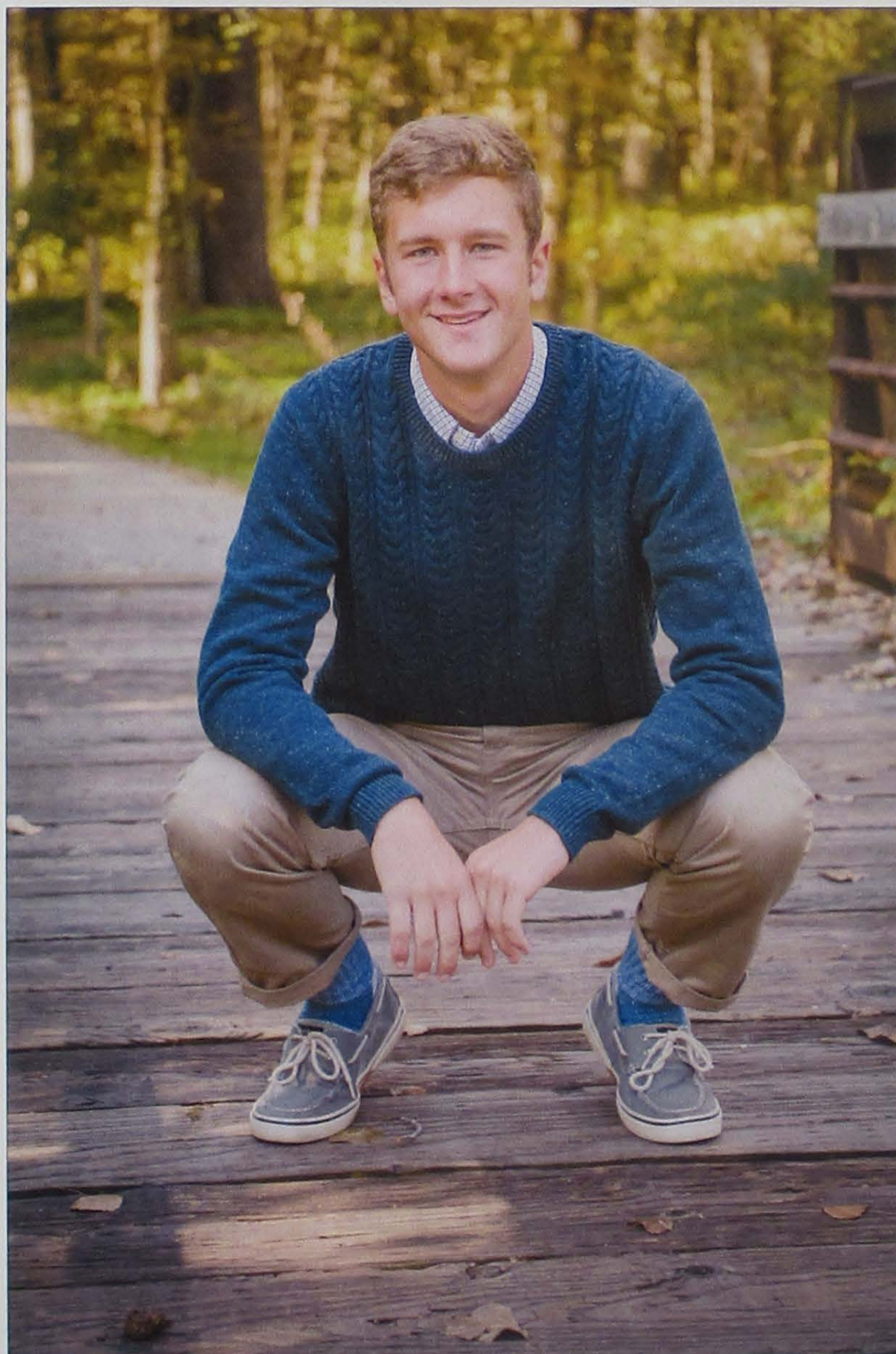
responsibility I had for this brand-new life in my care, Mom was a phone call away, reassuring me.

The Night of the Stomach Flu from Hell remains vivid proof of the unquenchable love my mother has for me. Our relationship, though, is far from perfect. There isn't another person in the world who can unsteady my convictions or leave me questioning myself more than she can. Yet I call her again and again for advice, to the point where my husband wonders at me, "Why do you do it to yourself? You know you're going to fight with her."

What he sees as fighting, though, is a strange dance of honesty and straight talk, denial and acceptance - the sort that's by turns irritating or uplifting, comforting or painful. Mom and I have hung up on each other more times than I can count. Inevitably, though, our silence lasts only a few minutes before we're calling each other again with apologies and laughter. We are equally critical of each other, but also equally forgiving.

Diaper changes and breastfeeding are small-time worries, but there have been bigger struggles. The times I've reached out to her with deeper concerns, with true heartbreak, terror and desperation, her judgments and criticisms fall away. It's those times I witness her desire to take the pain from me, her desire to help but not knowing how. More than any advice she's given me, it's hearing that in her voice that assures me of her love, that tells me I'm not alone, and that offers me the comfort and courage to keep pushing through.

Some of my friends marvel at my relationship with my mom, saying things like, "I would never tell my mom that," or, "I wish I could talk to my mom that way."



LIGHT Continued from page 11

as a photographer. I continue to work hard to grow as a photographer and have found many great resources. I feel lucky that I am able to pursue what I love. One of things about photography is that it is endless what you can do. I keep working and try to hone my skills. There's always room for improvement. Photography helps me to organize what I see. I like to compose the moment, but also, taking pictures helps me to organize what I see."

Discovery too, is a part of the kinetic light Mary enjoys! Recently, she has been following baby owls in a nearby park. There have been a family of owls nesting each year in this spot. Her Facebook page has recorded some of these images. She told me yesterday that she sat for two hours watching them.

MARY: "Yes, in two or three months from now they'll be gone and on they're own. They're fascinating to watch! I have a close-up lens. The facial expressions are human-like! You know that they're not doing those expressions for the same reason as humans, but they'll message each other. One got its tail caught in the others mouth! I was hoping nobody was around, because I was sitting there laughing out loud! People without a lens can't see them, because the owls are 50 feet up in the tree. They're still hanging out and cuddling together. Two baby owls."

FACETS: Can you tell me about your barn photos? You've displayed some and showed some. You've also printed them into greeting cards for sale.

MARY: "Rural Iowa is beautiful. I enjoy capturing some of those barns before they aren't there anymore. A rich part of the landscape in Iowa are those barns."

FACETS: How do the summer months differ from any other time of year for your photography?

MARY: "Each season offers unique opportunities for photography. Summer and fall are the seasons for senior portraits, family portraits, and weddings. In addition to portraits and weddings, I enjoy nature and landscape photography. Summer brings prairie wildflowers, beautiful fields of corn and soybeans, fledging birds and much more."

FACETS: Do you enjoy working outside

more than indoors?

MARY: "Most of my portraits are done outside, but I also enjoy working inside. The natural light, scenery, and space provided by outdoor venues make portrait sessions very flexible. During family shoots, it's important that the little ones are able to move! When more precision with lighting ratios or backgrounds is needed, indoor studio lighting works well."

FACETS: What are some of the most desired shots from customers? What is it they look for and want in a photograph?

MARY: "It depends on the type of shoot. High school seniors like to show their personalities, styles and interests. They do this with wardrobe selection, location, and props. All clients want to be portrayed in ways that are most flattering to them. Many people are self-conscious about being photographed, especially at close range. Helping clients to relax can make or break the sessions."

FACETS: Who are your influences and how do you continue in your learning?

MARY: "Ames Community Arts Council has been a great resource for me as well as for the whole community. As a member, I have felt very supported as I learn all I can about photography. The council is a combination of educating the community about the arts as well as encouraging individuals to pursue the arts. The Arts Council has been a vital asset to so many people. As far as my influences, Ansel Adams and Annie Liebovitz are two of my favorites. The Professional Photographers of America, Professional Photographers of Iowa are also good resources. There also are workshops to go to. Webinars and conventions to attend; and there are also groups for nature photography or senior portraiture."

Mary Jurenka is a sensitive photographer who enjoys the different aspects of each customer's request. "Capturing moments and memories for people is very rewarding. Capturing those milestones is very rewarding." She finds it an honor to be chosen as someone's photographer. The busy summer schedule will not slow her down. She is sure to find ways to be rejuvenated by nature's beauty and the fleeting, aesthetic moments that happen within every day.



# Newcomb's summers are spent at the pool

BY WHITNEY SAGER  
Boone News-Republican

**W**hen she's not busy attending her kids' activities during the summer, she can most likely be found at the pool.

Darci Newcomb of Boone has been the manager of the Boone Municipal Pool since 1995. Her history at the pool, though, extends back to her younger years when she served as a lifeguard at the pool. She worked at the old pool in Boone during the last year it was opened, then became the assistant manager of the new pool in 1994, two years after it opened.

"I love swimming and working with kids of all ages," Newcomb said of why she has continued working at the pool for so long.

She said her job at the pool gives her something to do during the summer when she is not busy with her teaching position at Boone Middle School.

Aside from overseeing the day-to-day operations, Newcomb's responsibilities as pool manager include opening and closing the pool, hiring and scheduling staff, scheduling parties and ordering food and supplies for the concession stand. She has several assistant managers who fill in for her when she is not at the pool.

The pool typically opens once the Boone Community School District dismisses for the summer. Peak attendance is in June, but usually drops off after the Fourth of July holiday. Newcomb attributes this to the end of the little league season in Boone, which keeps families of little league players in town during the first part of the summer. Once that season ends, little league families



*Contributed photo*

typically take their summer vacations, contributing to fewer pool attendees.

The pool closes for the season around the time Boone schools return to class in August. Newcomb said she has tried to keep the pool open until Labor Day weekend in the past, but with many of the lifeguards having already left for college by that time, it just isn't feasible.

To become a lifeguard, individuals must be 15 years of age or older. At the Boone pool, there must be one lifeguard on duty for every 30 people who are in the pool. One lifeguard must be positioned at the top of the slide, while another is located at the bottom of the slide. Newcomb said they typically have six to nine lifeguards monitoring the pool when it is open.

"It's a good summer job for college kids," Newcomb said.

Throughout the season, several

inservices take place for the lifeguards, during which Newcomb and the lifeguards go over procedures. In the past, they've done what's called the red ball drill, where lifeguards must visually locate a red ball placed in the pool within 10 seconds.

Newcomb said she appreciates the trust the Boone Parks Board has in her. They know Newcomb understands when is the best time to open and close the pool for the season and how to operate the facility.

"It's been really awesome to work with them," Newcomb said of the parks board.

Newcomb said she doesn't see herself leaving her managerial duties at the Boone pool anytime soon. However, once all her kids graduate from high school, she might decide to let someone else take over.

"When you grow up around it, it's almost part of you. It's second nature," Newcomb said.

## Boone Municipal Pool hours of operation:

Monday through Thursday: Noon to 1 p.m., adult lap swim, 1-8:15 p.m., open swim

Friday through Sunday: Noon to 1 p.m., adult lap swim, 1-6 p.m., open swim

# Yoakum spends summers keeping county parks clean

BY JULIE ERICKSON  
Ames Tribune

Since she was 6 years old, Amy Yoakum has enjoyed the outdoors.

Though she grew up in Des Moines, Yoakum's family often spent the summer in a small shack in the woods of southern Iowa.

"I spent my summers running around in the woods, and I was always really comfortable with it," she said.

Now, even in her professional life, Yoakum gets to spend her days in nature. She joined Story County Conservation as a naturalist 18 years ago and has since moved on to become the natural resource specialist.

As part of her job, Yoakum cares for "anything nature-related" in parks across Story County, working on around 2,500 acres of land around the county.

"I don't take care of trails or campgrounds or stuff that has to do with people," she said. "It's more battling invasive species, savanna restoration, planting and harvesting prairie."

Yoakum attended Iowa State University for a degree in fisheries and wildlife biology. She worked as a naturalist intern with Story County Conservation during her last semester of college, but moved out of the state following graduation. When she found her way back to Iowa, the rest was history, as a full-time naturalist position



Amy Yoakum, natural resource specialist with Story County Conservation, spends her days caring for "anything nature-related" in parks across Story County, working on around 2,500 acres of land around the county. Photo by Julie Erickson/Ames Tribune

had opened up with the group.

In her last position, Yoakum said she taught environmental education to school children in the county, as well as some adult programs, until her new position was created five years ago.

Nowadays, she still serves as a naturalist and works with ISU students and classes, Yoakum said her job is incredibly weather-dependent, and a typical day can change based on the season.

"I was in knee-high poison ivy for the last three hours," she said with a laugh. "So there are some of those nasties of nature."

Her day, she said, depends primarily on what plants in the area are doing. Recently, her team has been hard at work pulling garlic mustard and she said her summer will be spent controlling thistles or hand-harvesting

prairie seed.

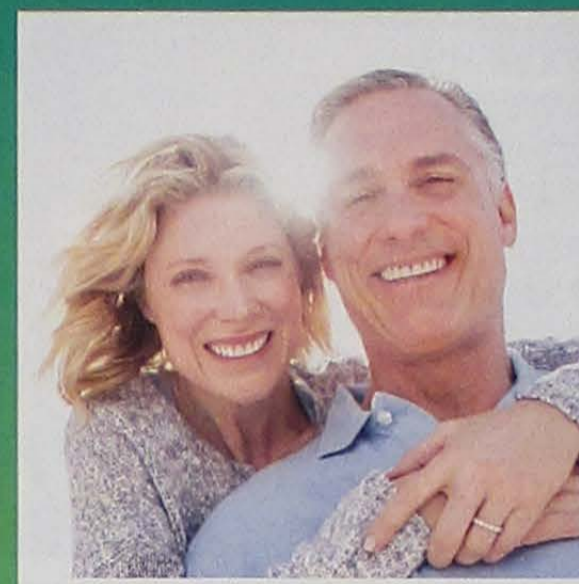
But some of the busiest days are also her favorite days, she said.

"When you get crazy busy running around doing everything, you just need to go walk in the woods and see what's there," she said. "So when I find new plants I maybe didn't know were there, I get pretty excited about that."

Yoakum said she is glad her position allows her to raise Story County residents' awareness of the natural resources the county has to offer, and teach them how to properly care for the natural world around them.

"My ultimate goal in my job is to heal the land," she said. "So when I feel like maybe I'm getting the upper hand with some invasive species or restoration work, that's when it's pretty exciting."

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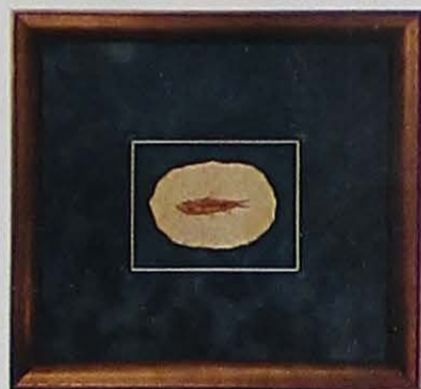
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# Some answers to questions about BULLYING

MAYO CLINIC NEWS NETWORK

**"**Is my child being bullied?" "Is my child a bully?" "What can I do to help?" "What can my child do to help?" "How can I help my child?" "Who can help my child?"

The questions are universal, whether a child is experiencing bullying behavior or is the bully. Bullying has received a lot of attention in the news. In the wake of school shootings and suicides where bullying is blamed as the cause, parents say they worry if their child may be next. Many parents wonder how they can help their child.

"The answers to these questions are, in most cases, complex," says Jennifer Wickham, licensed professional counselor at Mayo Clinic Health System. "Social, biological and environmental factors need to be considered to find the best solutions. It's important to not over- or under-recognize bullying behavior. To avoid either of these extremes of labeling, we must understand the difference between teasing and bullying."

Teasing and bullying are socially unacceptable behaviors. However, according to Nancy Darling, Ph.D., in her 2010 article, "Thinking About Kids," from *Psychology Today*: "(T)easing is an ambiguous social exchange that can be friendly, neutral or negative, and how this interchange proceeds really depends on how the person being teased reacts." Teasing never involves intentional physical harm or intimidation. Generally, it is done for the sake of fun.

"Occasionally, in younger children who are still learning how to regulate their emotions and responded to social interactions,

teasing can go too far and result in physical behavior," says Wickham. "This isn't bullying nor is it a sign that bullying will follow. Although teasing is not socially acceptable, it's a developmental experience for children, providing opportunity for growth and development of social-emotional skills."

Bullying, on the other hand, involves an imbalance of power between the individual engaging in the bullying behavior and the individual experiencing bullying behavior. As [stopbullying.gov](http://stopbullying.gov) defines it, bullying behavior is harmful, purposeful and repeated.

Wickham says there are many forms of bullying:

- Physical bullying can be pushing, hitting or other forms of physical aggression.

- Verbal bullying consists not solely of name calling, but also unrelenting criticism, threats or rumor spreading that can be sexual in nature or focus on belittlement.

- Cyberbullying typically takes the form of criticism over social media, such as Facebook, Instagram or Snapchat.

- Social bullying involves exclusion from a social group, such as a teen not getting invited to a social gathering or being uninvited.

"Bullying can lead to psychological damage that, for some, can last a lifetime," adds Wickham. "Young children and teens typically cannot stop bullying on their own and need the support of peers and adults to do so."

Wickham explains that if your child is experiencing teasing, it's important to

support him or her by recognizing his or her feelings, and teaching him or her how to respond in a way that doesn't reward the teasing behavior of the other child. For a child or teen experiencing bullying, Wickham shares it's important for parents to be calm and first consult the child about how he or she would like to handle the bullying.

"Many children and teens fear that confronting the bullying behavior can make it worse," she says. "Children and teens need a support network that includes peers and supportive adults to feel safe in the environment where the bullying occurs."

If your child or teen has been engaging in bullying behavior, seek understanding about the behavior. Identifying the behavior that's socially unacceptable and setting clear rules and limits about what is expected in family and community settings is essential.

"Parents or adults supporting the child or teen who is experiencing or engaging in bullying behavior need to model good citizenship," says Wickham. "Emotion can easily take charge in defending our children, whatever the details of an instance of bullying. As our children's guide in life, we don't want to reinforce either victim or bully roles. By avoiding labels, such as victim or bully, we can address the facts of the behavior without judgment and teach socially responsible behaviors."

If you're concerned that your child is struggling with teasing or bullying, contact a professional. He or she can provide you and your child with a resource to identify the best solution. Find more information on bullying at [stopbullying.gov](http://stopbullying.gov).

# BEAUTY PREP AND PROTECTION TIPS FOR THIS SUMMER

**W**hat's your summer looking like? Time to make plans. Travel to a climate even hotter than ours? Travel to a place much cooler? Planning to hibernate inside in air-conditioned comfort? Planning to burn to a crisp in the Midwestern sun? What's your plan?

Here's a tip! Change your hair color to red if you have pale skin (what we call in my family snake belly white). Everyone assumes pale skinned redheads burn in the sun and don't expect them to tan even a little. It's hats and cool cover ups for us. Sunglasses and sunscreen skin care, too.

If you are planning on sun time you'll need lots of sunscreen to protect your skin. Sun is a major cause of aging and you know you don't want to ever age. Even millennials don't want leather looking skin later in life. And the American Cancer Society recommends this too to avoid skin cancer.

Want that fun in the sun tan without the sun? Local salons can spray tan you or you can buy products at a variety of stores to do it yourself. Remember these products are not sun protection they are just cosmetic solutions to the snake belly skin challenge.

Now that the scary stuff is out of the way let's get on with making ourselves summer beauty ready.

How about those feet you've ignored all winter? If you've skipped pedicures since last fall it's time to go to the professionals at local salons or a local beauty school.

Your heels may have been scratching your sheets all this time. So spring for new sheets after a super pedicure.

Get the ultimate version with massage, mask for your calves and feet and even the paraffin wrap. Ask for extra help for those

heels and then make plans to get a pedi every four weeks this summer. I recommend them year round if you want to wear any open shoes after summer.

Do you have any other body spots that need special attention? If you left shaving your underarms or legs behind last fall it's time to get back to smooth.

Waxing at a salon is an option. If you have dark hair laser treatments work. If you have light hair there's always electrolysis.

But since it's almost too late for laser or electrolysis for this summer shaving is likely the quickest and cheapest solution. Pick a battery operated shaver that works in the shower. The water helps make the process easier.

If you select a manual shaver make sure it has those moisturizing strips next to the blades to help protect you from nicks and it works best in a shower or bath setting. For some people this is a daily process while for others it's a weekly plan.

If you plan to swim your hair needs protection. Since we don't wear swimming caps since the 60s, consider rinsing your hair before going in the pool, the lake, the river or the ocean. Normal water works well to protect your hair from the chemicals and other damaging things in various swimming water places.

Rinse your hair again upon exiting the water adventure. Then soak a lot of the water out with paper towels instead of terry towels. They are more absorbent and disposable.

So we're making progress. There's a tan plan, a pedi plan, a hair-free plan and a hair protection plan. Consult your favorite beauty professional for more information and have a beautiful summer.

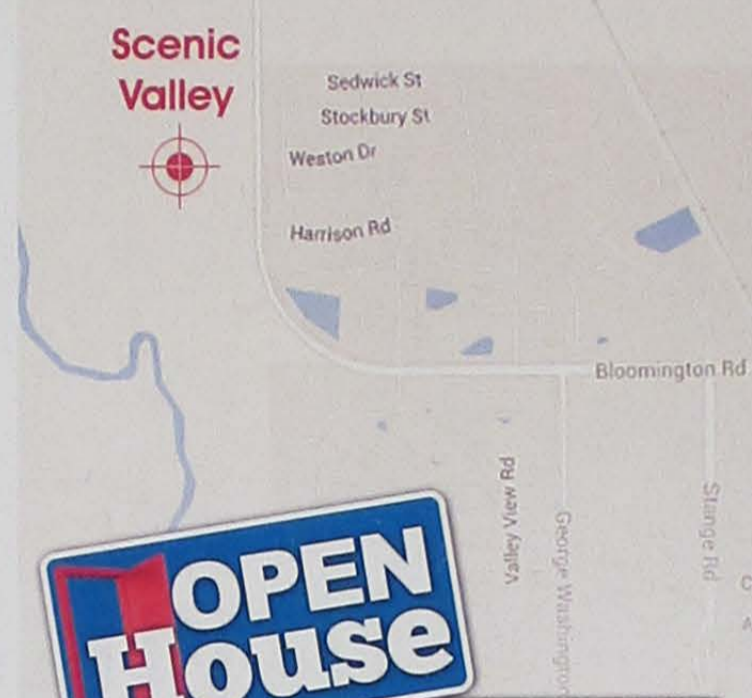


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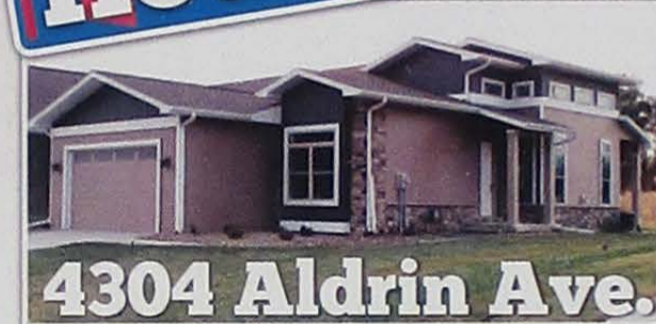
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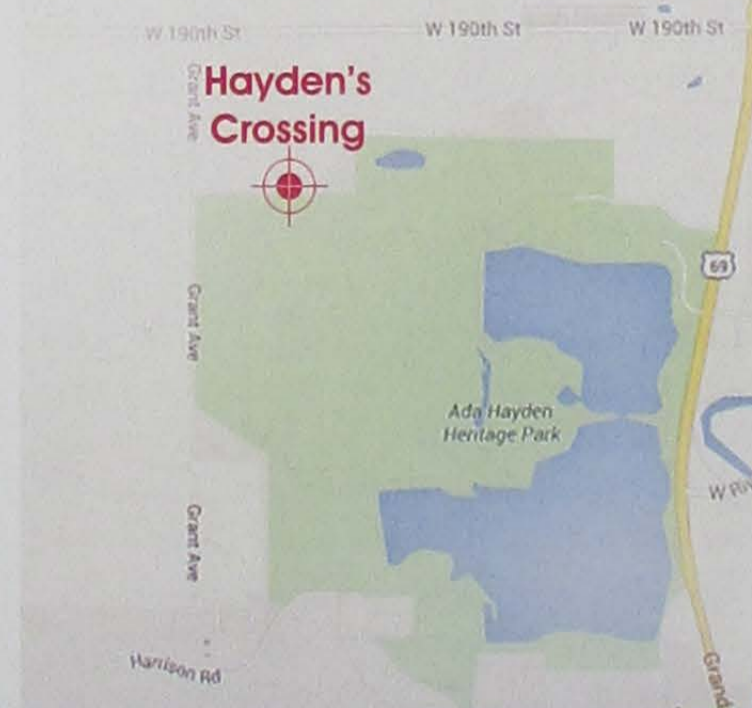


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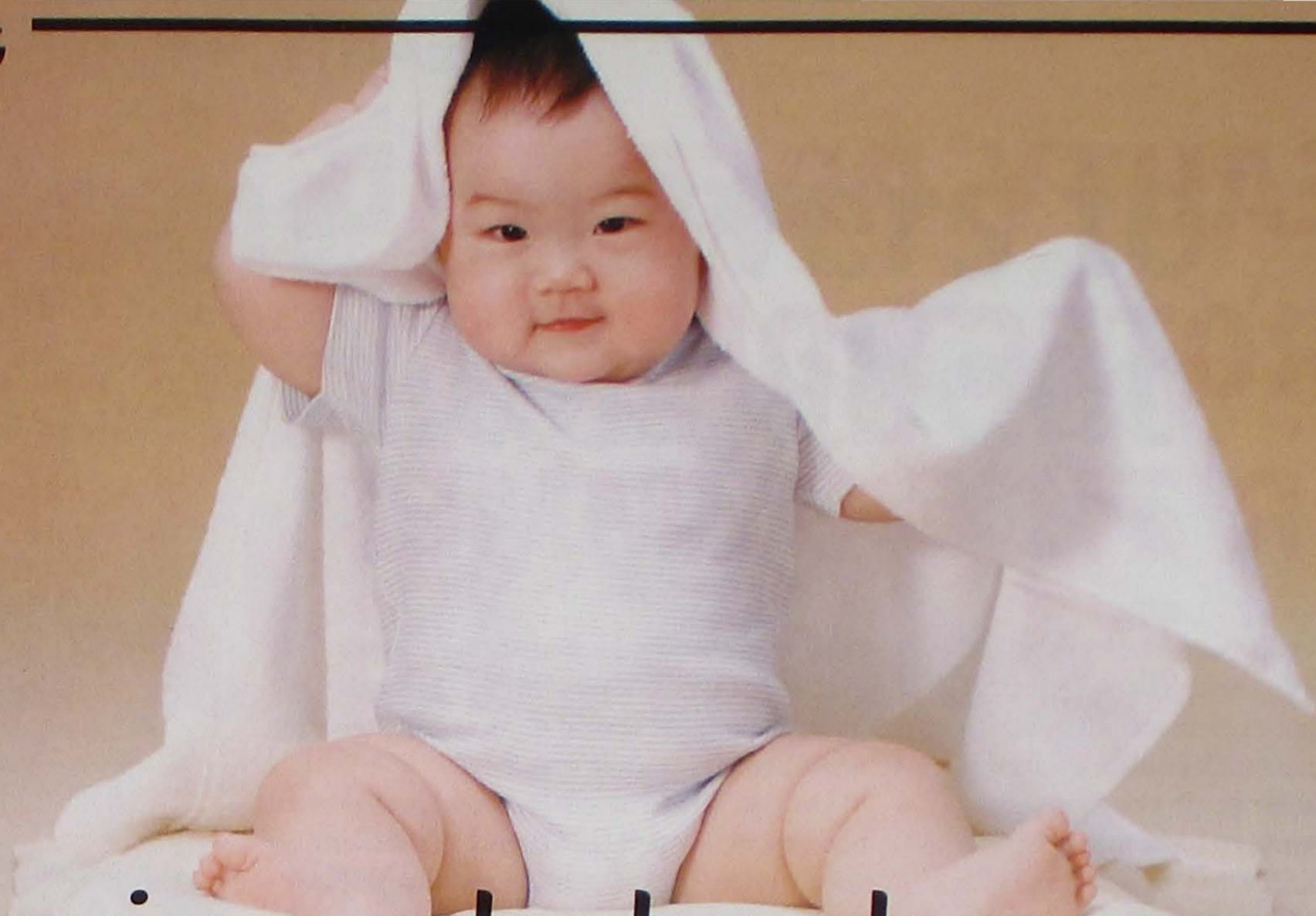
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# Having a baby changes everything — and everyone

BY ARMIN BROTT | Tribune News Service

**ASK MR. DAD:** Having a baby changes everything — and everyone. My husband and I used to spend a lot of time getting together with friends and family. But ever since our baby was born, our social life has changed for the worse. I understand that some of this is normal, but it doesn't feel very good. How can we save our friendships?

**A:** It's kind of amazing, isn't it? These little creatures who can't walk or talk or feed themselves land on planet Earth and by simply being there, drastically change the life of nearly everyone around them. They can bring families together or ignite feuds. They change people's roles and responsibilities. You and your husband, for example, used to be a "couple," now you're "parents." Your own parents and in-laws have added "grandparent" to their resume. And, as you've discovered, babies can — and do — also change their parents' friendships. Here's what this typically looks like:

New parents generally can't just drop everything with 15-minutes notice and go out to a movie or on a double date with friends. If you do manage to scrape together a few minutes of free time, chances are, you'll want to spend them sleeping instead

of socializing. Friends who don't have kids may feel neglected (those who do have kids will understand).

As new parents, your relationships with single friends may be the hardest hit. There'll be fewer girls' or boys' nights out, fewer all-night poker games, fewer manicures. Your friends may quit calling you because you always say 'No,' or you may quit calling them because you don't want to hear about their care-free, obligation-free lives. You and your single friends just don't have as much in common anymore.

On the other end of the spectrum, friends who have older kids may start annoying the heck out of you by giving you unsolicited advice and criticizing everything you do.

If you have friends with kids the same age as yours, those relationships might be affected by competition. You may find yourself actually comparing notes about whose baby smiled first, walked first, had the biggest diaper blowout, slept through the night, got into that exclusive day care, is tallest, got a modeling contract, or whatever.

As your baby gets older, her influence on your friendships will increase. Early on, she'll play with the kids of people you already know. But when she starts

making friends of her own (at daycare, for example), you'll start socializing with the parents of your baby's friends, some of whom you might never have gotten to know otherwise.

So how can you salvage your existing friendships?

First, accept that you may not be able to. The truth is that you'll lose some friends (and they'll lose you) now that you're a parent. But you'll gain plenty of new ones along the way. Plus, some of the friendships that go into hiatus now may come back when those childless friends have their own kids.

Get a calendar. Aside from focusing on your baby, your first priority should be your relationship with your husband and making sure you have time together. After that, carve out some time for yourself. Hanging with friends is in third place (fourth, if you count the baby), but it can be done.

Incorporate the baby into your life. You may not be able to go out for a drink with your friends, but you can certainly take walks with them while you push the stroller.

Watch your mouth. People without kids may nod politely and smile, but they really don't want to hear about what your baby did today or how many times he filled his diaper.

# Work and play in gardener's day

BY JAN RIGGENBACH  
Contributing Writer

**A**ll gardeners are seasonal workers, of sorts, and now is a prime time for the job. Here are a few things you can do to make the work more fun:

Entice butterflies to stay in your garden by adding a stone where they can bask in the sun and a pan filled with moist sand where they can sip water. Include nectar sources such as blazing star, butterfly bush and lantana. Plant extra dill, parsley or fennel for swallowtail larvae to munch, and butterfly or swamp milkweed for monarch larvae.

If the potting soil in your hanging baskets dries out enough that the soil pulls away from the sides, set the pot in a tub of water until the soil absorbs enough water that you can push it back into place. Avoid adding fertilizer when the soil is dry.

Mulch the vegetable garden with organic materials such as (untreated) grass clippings and shredded leaves to conserve soil moisture, control weeds, and help prevent problems such as green potatoes, blossom-end rot of tomatoes, green-shouldered carrots and rough beets.

If you have an automatic sprinkler for the lawn, adjust it so it doesn't kill your trees and shrubs by keeping the ground around them too wet.

Dump standing water from buckets, plant saucers, pot reservoirs, toys, and any other places where mosquitoes might breed. Where you can't dump the water, add a Mosquito Dunk.

Dig and divide crowded daffodils, tulips or other spring-blooming bulbs while their dying foliage is still visible. Or use golf tees to mark the locations of the bulbs so you can find them to divide in the fall.

Tuck wayward tomato vines back into their cages. Remove any lower branches that have spotted foliage.

If flower buds turn brown and dry up before blossoms open, pick off and destroy infested buds and any fading flowers. Spray the plant with insecticidal soap to control tiny insects called thrips, the likely culprit.

Control bagworms on junipers and other evergreens by hand-picking bags anytime before the eggs hatch, usually about the time Japanese tree lilacs begin to bloom. Spray newly hatched bagworms with *Bacillus thuringiensis* (Bt for short).

If weeds are clogging paths, smother the weeds with sections of damp newspapers topped with a layer of mulch. Also spread bark chips or other mulch around trees to prevent "mower blight," the number one threat to trees.

Don't despair if small-to-moderate-sized hail damages your garden. Plants are often amazingly resilient, sprouting new leaves and looking much better within a few weeks.



To entice butterflies to stay in your garden, plant nectar sources such as blazing star. Photo by Jan Riggensbach/Contributing writer



# How to collect art for your home

BY ALISON SHERWOOD | Milwaukee Journal Sentinel/Tribune News Service



Collecting art for your home doesn't have to be expensive or daunting. It doesn't have to happen all at once, and the art doesn't have to match your couch.

Paige Rien, designer on HGTV's "Curb Appeal" and "Hidden Potential," says the main thing you should think about when choosing art is how it makes you feel.

In "Love the House You're In: 40 Ways to Improve Your Home and Change Your Life" (Roost Books, \$18), Rien writes: "Forget about what others think, what goes with it or its monetary value ... The most enjoyable way to buy art is to buy it for love, without knowing whether you have a place

for it or how it will work in your house."

It may be tempting to buy a piece of art simply because it matches your color scheme, but Rien says color can be limiting.

"Pay more attention to texture and shapes and the subject. What connections can you make between the art and your room, aside from color?" she writes.

Art that has personal meaning will fill your home with warmth, whether it's a watercolor you picked up on vacation, a depiction of a place that's special to you or a painting done by a friend.

Rien says to think beyond professional paintings, drawings and

prints. Display framed photographs, decorative plates or ceramics, your child's work, tapestries, vintage ephemera like album covers or maps, objects from nature, posters, silhouettes, collections or your own creations.

Learn something about the artist or the story of your art, Rien says. "A home full of art and artists' stories bubbles with authenticity and personality."

If you have a work of art you really love, consider letting that piece lead the design process for the room. Take elements of color, mood, theme, culture or style from the piece to carry through in the rest of the decor.

# Dinner in 35 minutes: Tomato and Chorizo Stew

BY BONNIE S. BENWICK | Washington Post

3 or 4 Servings (makes about 5 cups)

Pantry-friendly, you bet. This simple dish is just right for cool spring evenings and palates that like bright heat.

In add-on/upgrade mode, you could stir in a few handfuls of baby spinach just before serving, or saute a few shrimp to place atop each bowlful. A few pinches of a mild, white soft or crumbly cheese might be nice, too.

The recipe calls for dry-cured chorizo, which you can usually find unrefrigerated near the supermarket deli section.

Serve with lots of warm, crusty bread for dunking or over your favorite cooked grain.

Adapted from "The Kitchen Shelf," by Eve O'Sullivan and Rosie Reynolds (Phaidon, 2016).

## Ingredients

- 1 medium white onion
- 7 ounces dry-cured chorizo (see headnote)
- 2 cloves garlic
- One 14-ounce can no-salt-added chickpeas
- 1 tablespoon olive oil
- 1/2 teaspoon dried thyme (may substitute dried oregano)
- 1/2 teaspoon crushed red pepper flakes
- One 14-ounce can no-salt-added diced tomatoes, preferably fire-roasted
- 1 bouillon cube (chicken or vegetable)
- 1 1/2 cups boiling water
- 1 teaspoon sugar
- 1 teaspoon distilled white vinegar
- Freshly ground black pepper
- 1/2 lemon
- Handful fresh flat-leaf parsley leaves, for garnish (optional)

## Steps

Cut the onion in half, then into thin half-moons. Cut the chorizo into thin slices (rounds). Mince the garlic. Drain the chickpeas and rinse them well.

Heat the oil in a large saute pan over medium-high heat. Once the oil shimmers, stir in the onion and chorizo; cook for about 6 minutes, stirring often, until the onion has softened and the sausage has colored it.

Add the garlic, dried thyme and crushed red pepper flakes; stir for 1 minute, then add the diced tomatoes and their juices.

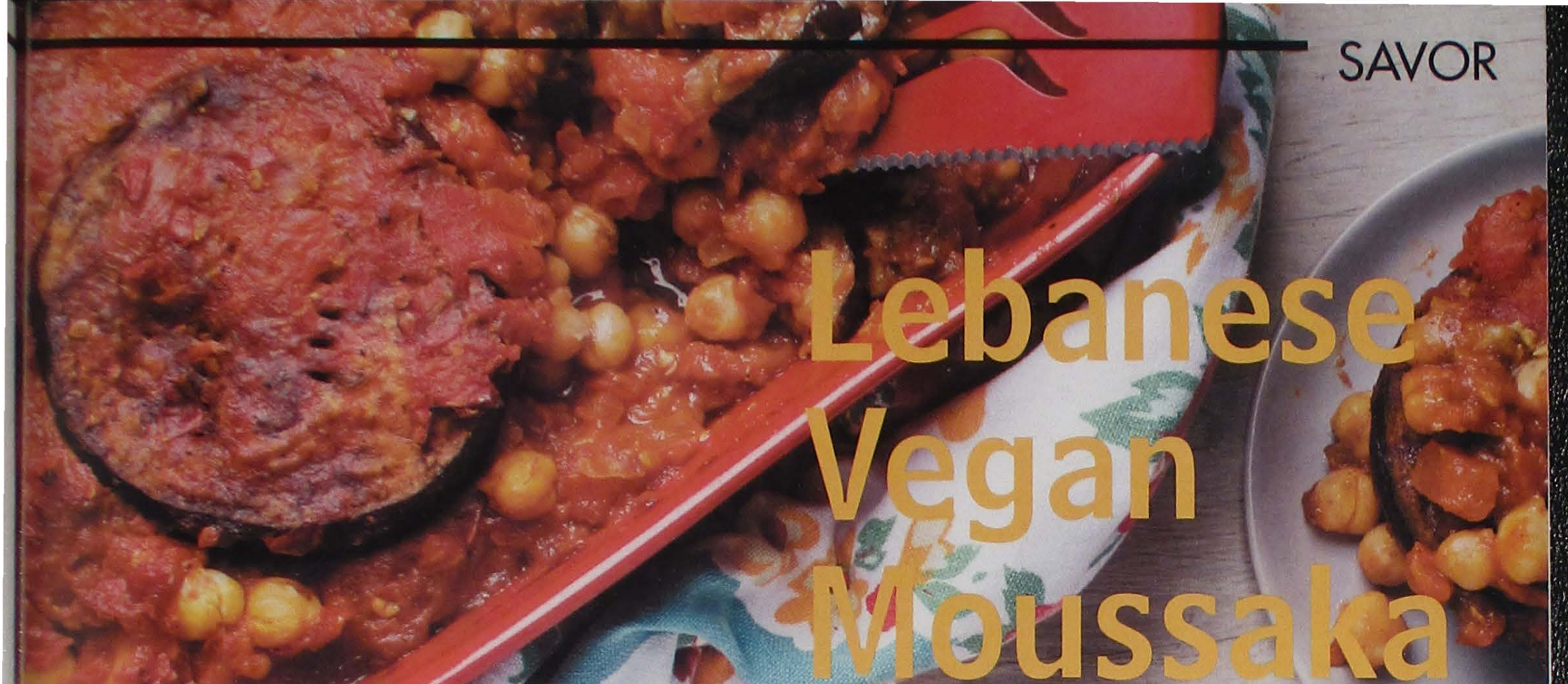
Crumble the bouillon cube into the pan, then pour in the boiling water. Once the mixture starts to bubble at the edges and the bouillon has dissolved, add the drained chickpeas and cook for 15 minutes, stirring a few times, until the stew's liquids have reduced a bit.

Add the sugar and vinegar and several grinds of pepper, stirring to incorporate. Turn off the heat.

Cut the lemon into thick slices (for squeezing). Tear or coarsely chop the parsley, if using. Sprinkle it over the stew.

Serve hot, with lemon slices.

Nutrition | Per serving (based on 4): 420 calories, 19 g protein, 27 g carbohydrates, 25 g fat, 9 g saturated fat, 45 mg cholesterol, 1,140 mg sodium, 5 g dietary fiber, 6 g sugar



# Lebanese Vegan Moussaka

BY JOE YONAN  
WASHINGTON POST

This hearty casserole differs from the Greek version of moussaka in that it is a simple combination of eggplant, tomato sauce and chickpeas. In Lebanon, it is called maghmour. It uses a classic spice blend that gives it a unique flavor, but if you'd like, you can substitute another Middle Eastern blend, such as za'atar or baharat.

This recipe makes more spice blend than you'll need; it can be used on a wide variety of vegetables and in salad dressings, dips and more.

**MAKE AHEAD:** The spice blend can be stored in an airtight container for up to 1 month.

Adapted from "The Middle Eastern Vegetarian Cookbook," by Salma Hage (Phaidon, 2016).

## INGREDIENTS

For the 7-spice blend

2 tablespoons plus 1 1/2 teaspoons ground allspice

2 tablespoons plus 1 1/2 teaspoons ground cloves

2 tablespoons freshly grated nutmeg

2 tablespoons ground fenugreek

2 tablespoons ground ginger

1 tablespoon plus 2 teaspoons freshly ground black pepper

1 tablespoon plus 2 teaspoons ground cinnamon

For the eggplant and chickpeas

3 1/2 cups cooked, no-salt-added chickpeas (from two 14-ounce cans), drained

and rinsed

1/2 cup gluten-free flour blend (may substitute all-purpose flour)

1/2 teaspoon fine sea salt

2 large eggplants (about 3 pounds), trimmed and cut into 1/2-inch disks

2 tablespoons extra-virgin olive oil

For the sauce

2 tablespoons extra-virgin olive oil

1 medium onion, finely chopped

4 cloves garlic, finely chopped

1 teaspoon ground cumin

1 bay leaf

6 large tomatoes (about 4-1/2 pounds), finely chopped

7 sun-dried tomatoes, preferably oil-packed, chopped

2 tablespoons tomato paste

One 14-ounce can no-salt-added diced or chopped tomatoes

1/2 cup water

1 teaspoon unsweetened pomegranate molasses (optional)

Juice of half a lemon

1/2 teaspoon fine sea salt, plus more as needed

1/2 teaspoon freshly ground black pepper, plus more as needed

## STEPS

For the 7-spice blend: Combine the all-spice, cloves, nutmeg, ground fenugreek, ground ginger, pepper and cinnamon in a small bowl or jar and thoroughly mix. The yield is 1 scant cup; reserve 4 teaspoons for this dish and store the rest (for up to 1 month).

For the eggplant and chickpeas: Preheat the oven to 400 degrees. Line two large

baking sheets with parchment paper. Have a large, deep baking dish or casserole at hand. Drain the chickpeas.

Whisk together the flour, the 4 teaspoons of 7-spice blend and the salt on a large plate. Dab each side of the eggplant disks in the flour mix so they are lightly coated, discarding whatever flour mix is left. Lay them on the lined baking sheets, drizzle them with the oil and bake until fork-tender, about 20 minutes. Let cool while you make the tomato sauce.

For the sauce: Heat the oil in a large, deep skillet over medium heat. Add the onion and cook, stirring frequently, until it starts to soften, 2 minutes. Add the garlic and cook for 1 minute, then stir in the cumin and bay leaf and cook, continuing to stir frequently, until the cumin is fragrant. Stir in the finely chopped fresh tomatoes and their juices, the sun-dried tomatoes, tomato paste, diced or chopped canned tomatoes, water, pomegranate molasses, if using, the lemon juice, salt and pepper; cook, stirring occasionally, to form a sauce that is thick and rich and has reduced, 30 to 40 minutes. Taste, and add salt and pepper as needed. Turn off the heat, and discard the bay leaf.

To assemble, create a layer of about one-third of the baked eggplant disks in the bottom of the baking dish or casserole. Top with about one-third of the chickpeas and one-third of the sauce. Repeat in two more layers, finishing with the sauce. Bake (uncovered) until bubbling around the edges, about 40 minutes. Let cool slightly, and serve warm or at room temperature.

Makes 8 to 10 servings



# Peas, mint and lamb — together, with a twist.

# Just add pita.

BY ELLIE KRIEGER  
Special to the Washington Post

**O**n the one hand, shelled green peas are a vibrant vegetable that brings freshness to the plate. But they also have a deeper, more substantial side, with beanlike qualities: a savory undertone, satisfying starchiness and rich protein content.

The accompanying recipe puts all the peas' assets to work by whirring them into a rich, creamy hummus that is lighter in texture than a chickpea hummus, subtly

sweet and gloriously green.

You make it by simply placing peas (boiled until tender if fresh, defrosted if frozen) into a food processor with lemon juice, olive oil, tahini (sesame seed paste), garlic, salt and a little water, and processing until smooth. You can serve the hummus in a pita sandwich or with vegetables for dipping as a fun, seasonal alternative to regular hummus.

This preparation goes a step further, making the spread into a sumptuous main

course by using it as a bed for juicy chunks of lamb that can marinate for as little time as it takes to make the hummus (15 minutes). The meat is lean and quick-cooking, so it grills up in minutes, and that makes for an easy rush-hour dinner. Alternatively, you can make the hummus up to three days in advance and let the meat marinate in the refrigerator for up to eight hours, so the dish is also do-ahead friendly.

Once together on the plate, the smooth pea hummus and chunks of

lemon-garlic-infused, char-grilled lamb are showered with chopped fresh mint leaves and drizzled decadently with extra-virgin olive oil. Served with warm pita, the dish is a satisfying twist on a favorite spring trio of lamb, peas and mint.

## Pea Hummus With Grilled Marinated Lamb

6 servings

From nutritionist and cookbook author Ellie Krieger.

### Ingredients

6 tablespoons extra-virgin olive oil, divided  
6 tablespoons fresh lemon juice, divided  
2 cloves garlic, minced, divided  
3/4 teaspoon ground cumin  
Pinch crushed red pepper flakes  
3/4 teaspoon salt, divided

1/8 teaspoon freshly ground black pepper

1 1/2 pounds lean lamb tenderloin or leg meat, cut into 1-inch chunks

1 pound (3 cups) fresh shelled or frozen, thawed peas

2 tablespoons tahini

1/4 cup chopped fresh mint leaves

### Steps

In a medium bowl combine 2 tablespoons of the olive oil, 2 tablespoons lemon juice, half the garlic, the cumin, red pepper flakes, 1/4 teaspoon salt and 1/8 teaspoon black pepper. Add the lamb and toss to combine. Let sit as you prepare the hummus, or refrigerate for up to 8 hours.

To make the pea hummus, if using fresh peas, boil them until tender, 6 to 10 minutes; drain and allow to cool. Place the peas in a food processor with 4 tablespoons of lemon juice, 3 tablespoons of the olive

oil, the tahini, the remaining garlic, 1/2 teaspoon salt and 2 tablespoons water and puree until smooth. Hummus may be made ahead and stored in the refrigerator in an airtight container for up to 3 days.

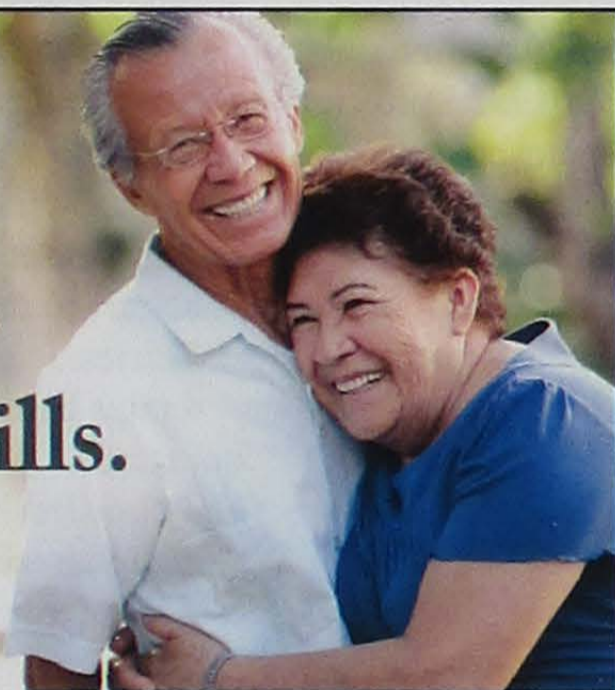
Soak 12 wooden skewers in water for 10 minutes, and preheat a grill or grill pan over a medium-high heat. Thread 3 to 4 pieces of meat onto one end of each skewer then grill, turning once or twice, until the meat is cooked to medium-rare and grill marks have formed, about 6 minutes total.

To serve, spread about 1/3 cup of the pea hummus onto each plate, top with 2 lamb skewers garnish with mint and drizzle each plate with 1/2 teaspoon of the remaining oil.

Serve with warm whole grain pita.

Nutrition | Per serving: 370 calories, 28 g protein, 14 g carbohydrates, 23 g fat, 5 g saturated fat, 70 mg cholesterol, 390 mg sodium, 4 g dietary fiber, 5 g sugar

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# Sweeten up your summer with fruit

**F**ruit can be a great and healthy way to sweeten up your meals this summer.

Berries, melons, peaches and cherries are just coming into their best time of the year for price and flavor.

Fruits make for a refreshing and lower-calorie treat during the warmer months. For example, berries weigh in at only 25 to 45 calories per half-cup serving, and they're filled with a unique combination of vitamins, fiber and antioxidants designed to naturally keep you healthy. If you're looking to increase



AMY CLARK

dietary fiber intake, choose blackberries at snack time. They provide 3.8g of fiber per half-cup serving!

Melons can be a great addition to any summertime meal or gathering as well. Cantaloupe is a good source of vitamins A and C and potassium, and watermelon contains vitamin C and lycopene. Lycopene also acts as a natural sunscreen, protecting your skin from the sun's rays, but still allowing enough sunlight through for your body to produce vitamin D. It's a great time of year to try a variety of melon, adding a sweet and juicy angle to any meal or snack.

Here are some delicious fruit recipes for you to try this summer.

## VERY BERRY FRUIT SALAD

Serves 8 (1 cup berries with 2-1/2 tablespoons sauce each).

All you need:

Berry Puree

1 1/2 cups fresh raspberries

1 cup hulled and quartered fresh ripe strawberries

1/3 cup fresh orange juice

2 tablespoons fresh lemon juice

Sugar, to taste

Berries

4 cups fresh strawberries, hulled and quartered

3 cups fresh blueberries

3 cups fresh blackberries



1 1/2 cups fresh raspberries  
Fresh mint leaves, for garnish  
Lemon Sauce  
1 cup lemon-flavored non-fat Greek yogurt

All you do:

To prepare puree, puree 1-1/2 cups raspberries, 1 cup strawberries, orange juice and lemon juice in a blender until smooth. Add sugar to taste.

Combine the strawberries, blueberries and blackberries in a large mixing bowl. Toss with the puree. Adjust the sweetness if necessary by gradually adding sugar to taste. Cover and let stand at room temperature.

Just before serving, add the raspberries to the bowl, tossing very gently with two spoons and being careful not to break up the berries. Transfer to a serving dish, if desired, and garnish with mint. Serve each portion of berries topped with about 2-1/2 tablespoons of the lemon-flavored Greek yogurt.

Nutrition Facts per serving: 140 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 31g carbohydrates, 9g fiber, 5g protein.

Daily values: 150% vitamin C.

Source: Eating Well, Inc.

#### GRILLED WATERMELON BITES WITH MINTED SALSA

Serves 12 (2 wedges each).

All you need:

2 cups diced strawberries  
2 kiwi, peeled, quartered and thinly sliced  
1/4 cup chopped red onion  
1 jalapeno pepper, seeded and finely chopped\*  
1 tablespoons chopped fresh mint  
1 tbsp fresh lime juice

1 (3 pound) seedless watermelon  
1/2 tsp kosher salt  
1/4 tsp Hy-Vee black pepper  
1/3 cup Hy-Vee Select traditional feta cheese crumbles

All you do:

For salsa, in a bowl combine strawberries, kiwi, red onion, jalapeno pepper, mint and lime juice. Cover and refrigerate until ready to serve.

Preheat grill to direct heat over medium-high heat.

Cut watermelon into one-inch-thick slices; discard ends. Place watermelon slices on grill rack. Grill about 2 minutes or until watermelon is lightly seared, turning once halfway through grilling.

Remove watermelon slices from grill. Sprinkle with salt and pepper. Cut each slice into 6 wedges. Transfer wedges to a serving platter; top with salsa and cheese.

\*Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with chile peppers, wear hand protection.

Nutrition Facts per serving: 70 calories, 1g fat, 0.5g saturated fat, 5mg cholesterol, 130mg sodium, 14g carbohydrates, 2g fiber, 2g protein.

Daily values: 15% vitamin A, 70% vitamin C.

Source: Hy-Vee Seasons Back to School 2014.

#### GRILLED SUNDAE PEACHES

Serves 2.

All you need

2 peaches, halved and pitted  
1 tsp Hy-Vee canola oil  
2 scoops nonfat vanilla frozen yogurt  
1 tbsp toasted unsweetened coconut  
All you do

Preheat grill to high. Brush peach halves

with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

Nutrition Facts per serving: 154 calories, 4g fat, 2g saturated fat, 0mg cholesterol, 41mg sodium, 28g carbohydrates, 2g fiber, 4g protein.

Source: adapted from Eating Well, Inc.

#### PROSCIUTTO CANTALOUPE APPETIZER

Serves 12.

All you need

1/2 cup balsamic vinegar

2 tbsp Hy-Vee honey

1/2 cantaloupe, seeded, removed from rind and cut into 1-1/2-inch cubes

1 (3 oz) pkg prosciutto, cut into small pieces

Basil leaves, as needed

All you do

In a small saucepan, combine balsamic vinegar and honey and bring to a boil over high heat. Reduce heat to low and simmer until thickened and is reduced, about 10 minutes. Set aside to cool slightly.

Arrange cantaloupe cubes on a serving plate. Top each with a ribbon of prosciutto and a fresh basil leaf, then drizzle with balsamic reduction. Skewer with toothpicks.

Nutrition Facts per serving: 45 calories, 1g fat, 0g saturated fat, 5mg cholesterol, 200mg sodium, 7g carbohydrates, 0g fiber, 2g protein.

Daily values: 15% vitamin A, 15% vitamin C.

Source: Hy-Vee weekly ad from the week of December 23, 2015.

Check out [www.hy-vee.com/meal-solutions/recipes](http://www.hy-vee.com/meal-solutions/recipes) for more recipes!

The information in this article is not intended as medical advice. Consult with a medical professional for individual advice.

## ■ AMES CONVENTION & VISITORS BUREAU

# Orientation Brings Thousands to Ames

Each year, Iowa State University offers orientation sessions for incoming freshmen and transfer students throughout the month of June. Orientation provides an opportunity for participants to acquaint themselves with the university and the community. Close to 15,000 students and guests are expected to attend this year. What an exciting time for these new students to get to know their new home: Ames and Iowa State.

### Orientation introduces students to their Cyclone Family

Attendees tour the campus, meet with academic advisors, register for classes, and obtain their Iowa State permanent identification card and email account. In addition, they learn about a variety of resources that are available such as tutoring, counseling, student clubs, health care, financial aid, and Learning Communities. Time is set aside during the two day event for participants to meet with their academic program of interest. They can also tour residence halls and recreation facilities, meet with Office of Greek Affairs representatives regarding fraternities and sororities on campus, visit a resource fair, and check out the library's collections and services. Information about Student Disability Resources is also available.

### Feeling at Home

However, orientation is far more than signing up for classes and getting a tour of campus. Iowa State understands that the transition to campus life brings both excitement and anxiety. Orientation is an invaluable opportunity for the university to answer every possible question an incoming student and their family might have. Sessions are designed to address those questions and allow attendees to experience Iowa State first hand.

Students have the option to stay at Maple Hall during orientation. It's a great way for them to get a glimpse of life in the residence halls. Even siblings of new students are not forgotten. Iowa State has an orientation program just for them. Cy's Sibs is hosted for rising 5th-9th graders who are siblings of students participating in freshmen summer orientation. This half day event gives siblings a chance to get to know the university their brother or sister will be attending and create their own memories on campus.

For incoming students, talking with a peer that is already acclimated to college life, is helpful. In order to connect incoming students with current ones, Iowa State has a group of undergraduate student leaders, known as Cyclone Aides, helping facilitate orientation events and answering participants' questions. They provide new students with an introduction to campus and its resources, provide campus tours,



Orientation's Resource Fair, Memorial Union - The Ames Convention & Visitors Bureau enjoys hosting a booth at the Resource Fair welcoming new Cyclones and their families to the Ames community.

prepare students for academic success by sharing resources, serve on panels, and share information about Iowa State with new students and their family members.

"When a new student arrives at orientation, they initially have questions about the basics: Where will I sleep? Where will I eat? Where are my classes? Once we address those basic concerns, then students begin thinking beyond those initial questions and start visualizing themselves here on campus," said Chelsea Eret, Cyclone Aide Advisor. "That's when it gets exciting and even more questions surface: What are the expectations of professors? What kind of clubs and organizations can I get involved in? What's there to do on the weekends? What's Ames like? How will I make friends? How can I find my niche?"

Eret is a second year Cyclone Aide. She remembers attending orientation as a freshmen and thinking that she might like to eventually be a Cyclone Aide working with new students transitioning into college life. Now a junior majoring in political science and English, Eret acts as a Cyclone Aide Advisor, where she helps train new Cyclone Aides as well as assists incoming students during orientation. Her favorite part of the job is getting to meet so many students and learn how they plan to use their degree from Iowa State in their future careers. Eret explains, "It's interesting - You can talk to five students all planning to complete the same major, but due to their various interests, their plans for how they'll use the knowledge they gain is quite different. Still, they all want to make their time at Iowa State meaningful to them. At orientation, they are enthused and start thinking about how they can make their mark, what clubs or organizations they can get involved in, and how they can get the most out of their education."



Campus walking tour at Catt Hall

### Exploring Options

However, many students visiting orientation have not fully committed to Iowa State University. They are still shopping for their new school. In fact, they might attend orientations at several schools before making their final decision. As a result, the two days they visit in June are critical to whether they choose to make Ames and Iowa State their home away from home.

"Orientation puts Iowa State University and Ames on display," says Liz Kurt, Director of New Student Programs at Iowa State. "Our hope is that each student leaves orientation ready to return this fall semester. We strive to show students how Iowa State can help them grow not only professionally, but personally. The university's numerous programs provide individuals with avenues to develop leadership and life skills. Still, Iowa State offerings aren't all they consider. Students are hoping to find not only a great place to continue their education, but also a

new community to call home. They wish to find a city that feels welcoming and where they can see themselves beginning a new chapter in their lives. Ames residents most likely are unaware of the important role they play encouraging students and their families to select Iowa State."

### A Welcoming Community

This June as new students travel with their families to Ames for orientation they'll be asking themselves whether Ames is a place they can call home. As they explore our city they'll find a warm and friendly place filled with great dining and shopping options as well as beautiful parks and trails. They'll be pleased to see big city amenities around every corner. Once these students experience Ames hospitality first hand, they'll begin seeing themselves here. We'll all be richer should they choose to stay and attend Iowa State University. These students bring an unmistakable vitality to the Ames community.



Photo courtesy of Iowa State University



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CONVENTION & VISITORS BUREAU



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